



Spieker, Fabrice

 $\square\square$: Hamburg

□□: 211

□□: 100.22 km
100 Kilometer

Männer (20-29 Jahre)

□□□: 12:31:21

□□: 7.99 km/h

|||||: 7:30 min/km

_____: 84 (of 248)

____/_: 74 (of 203)

____: 8:37:32

□□□□: 3(of 4)

	km		min/km	-	-			km		min/km	-	-		
Glasbachwiese	27.39	3:20:47	7:19	4	29:57	98	53:18	27.39	3:20:47	7:19	4	29:57	98	53:18
Floh-Seligenthal	27.74	3:15:07	7:02	3	31:08	64	43:44	55.13	6:35:54	7:10	3	1:01:05	98	1:58:33
Finsterbergen	22.03	2:55:23	7:57	3	19:07	62	56:24	77.16	9:31:17	7:24	3	1:20:12	88	2:53:42
Fröttstädt	23.06	3:00:04	7:48	3	21:39	58	1:00:07	100.22	12:31:21	7:29	3	1:41:51	74	3:53:49